

SWAMPED: The red-faced driver waits to be pulled out of the water. Below: The signs he ignored

Picture: SOUTH-WEST NEWS

I'VE FLOODED THE ENGINE!

Soggy driver's river rescue

Ford
Unsuitable for motor vehicles

THIS dozy driver ignored signs warning motorists not to drive across a river - and ended up being rescued by the fire brigade.

His £30,000 BMW estate was flooded by the fast-flowing waters that left him red-faced and stranded.

A crowd gathered as the driver and his passenger, who have not been named, waited to be towed out of the River Windrush in picturesque Bourton-on-the-Water, Glos. After their rescue, which also involved the police, they spent the next hour emptying the car of water.

■ by BILL MARTIN

Local pub landlord Julian Atherton said: "People can be incredibly stupid. There's a big sign there saying it's unsuitable for vehicles."

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LARD TIME:
Sarah as she
was and, left,
the slimline
version with
Kaisha and
Mitchell



Picture: LEWIS WHIVID / PA

FAT'LL DO NICELY!

Mum lost 12st for son

SUPER slimmer Sarah Chivers shed 12 stone after her son told her he was being bullied for having a fat mum.

She ballooned to a size 32 after contracting a bone disease that meant she could not exercise.

Trapped

But having a fat mother made her son Mitchell, 13, a target for school bullies.

Sarah, 34, from Beddau, near Pontypridd, south Wales, said: "It must have been the hardest thing for him to tell

■ by NADINE LINGE

me. He said they were picking on him because his mother was fat."

Sarah, who also has a six-year-old daughter Kaisha, decided to lose weight after she got trapped in a chair in Lanzarote in 2004. When she stood up to leave a bar, the chair was still attached to her.

Now size 12, Sarah is splashing out on sexy clothes after being crowned Slimming World's Woman of the Year after her weight fell from 23 stone to 11. She said: "I've cost my husband a fortune."

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Park at fault for tragedy

THEME park bosses have admitted failing to ensure the safety of visitors after a student died in a 45mph rollercoaster crash.

Gemma Savage, 20, suffered head and spinal injuries on the Treetop Twister, at Lightwater Valley, near Ripon, North Yorks, in June 2001.

The car she was riding in got stuck 40ft in the air and another ran into it.

Electrician Eric Butters joined the theme park owners at Leeds Crown Court to admit breaching health and safety regulations. Sentencing was adjourned for reports.

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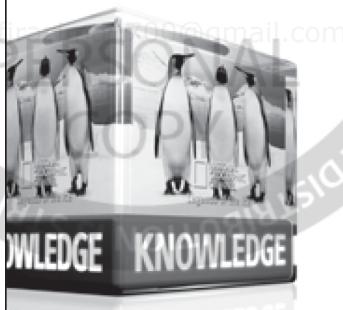
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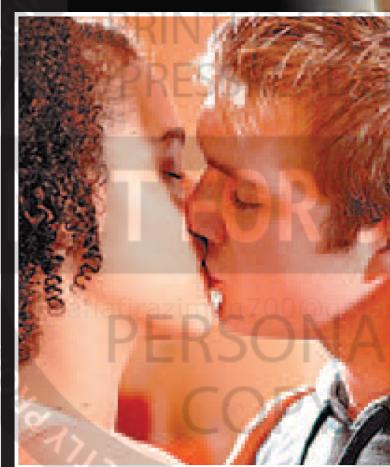
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BED GIRL SASH JUST TOO RUDE



KNOCK-BACK: Gloomy as she gets her marching orders

HUNKY Justin Burton snogs schoolgirl Sasha Valentine but is stunned when she strips and slips into his bed for an underhand romp in Hollyoaks.

Justin (Chris Fountain, 19) moves in for the kill with his best mate's little sister after she reveals she fancies him.

It's a tough week for the teen, who struggles to cope when her dead mum's birthday arrives and both her brothers have completely forgotten.

Grave

She faces the grim prospect of visiting her mum's grave alone but Justin offers to go too - and she thinks her luck's in.

Natalie Emmanuel, 17, who plays Sasha, says the teenager ignores Justin's reputation for chasing older women.

She reveals: "Sasha assumes Justin sees her as just a kid, like her brother does."

"In fact, when he tells her that she's gorgeous and then kisses her, she's elated."

"Later Justin finds her in his bed. She's trying to be all grown up and sexy but it doesn't work. She gets knocked back, which is a bit sad to watch really!"

● Catch the snog on Channel 4 tomorrow at 6.30pm.

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Brief encounter

PHIL AND LAWYER'S STEAMY SNOG



Reining Prince

CORRIE star Bradley Walsh proved he really was Prince Charming when he ditched the famous cobbles for Milton Keynes yesterday. The 46-year-old, who plays Danny Baldwin, took time out from filming to rehearse his lead role in *Cinderella*. Bradley, who leaves *Corrie* this Christmas, will appear alongside former *EastEnders* star Kacey Ainsworth, 36, who played Little Mo.

EastEnders

HARDMAN Phil Mitchell ends in a steamy embrace with his hard-nosed brief Stella Crawford – before she does a runner.

The couple end up in a passionate clinch after Phil (Steve McFadden, 46) comes to her rescue.

Lawyer Stella is struggling to cope with her divorce and turns to Phil for comfort after she messes up one of his business deals.

Sophie Thompson, 43, younger sister of Oscar winner Emma, plays Stella. She said: 'Stella hasn't come up trumps in her work for him, so Phil has put her in her place – but she's stood up for herself.'

"Although she knows Phil is a tough nut to crack, she has proved that she's not as vulnerable as she appears."

Snog

Just as love looks to be brewing between the two Ian Beale (Adam Woodyatt, 38) tries to put a spanner in the works when he dishes all the dirt on Phil.

Stella decides she'll work him out for herself and the pair end up having a passionate snog before Phil whisks her away on their first date.

Then Phil's son Ben (nine-year-old Charlie Jones) calls the lawyer and insults her to try and drive her away. It works as Stella flees the restaurant.

But that's not the end of things. *EastEnders* series story producer Brigitte de Courcy said: 'Their relationship is complicated, so it'll be running for a while.'

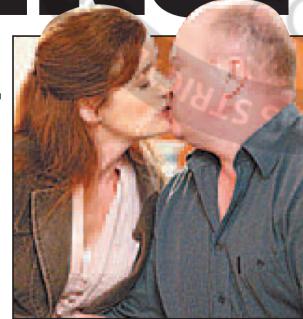
Tom's a King rat

EMMERDALE

EVIL businessman Tom King breaks Edna Birch's heart when he blackmails her into telling Peter she's not really his mother.

Battleaxe Edna – played by Shirley Stelfox, 65 – finds proof that his firm was to blame for the house collapse which killed three people.

Tom (Ken Farrington, 70) tries to keep her quiet by threatening to tell Peter her dark secret – but Edna decides to fight back.



FIRST KISS: Phil and Stella lock lips

TRICKY TRACY

[CORONATION ST.]

SCHEMING Tracy Barlow will befriend dippy Claire Peacock as she plans to bump off Charlie Stubs.

Fans will see Tracy (Kate Ford, 29) getting close to enemy Claire (Julia Howarth, 26) by telling her what life was like with her former lover Charlie (Bill Ward, 39).

An insider said: 'The biggest schemer to walk the cobbles needs someone to stand up for her when she kills him and claims self defence. "What better person than gullible Claire?"'

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★ FORMER Atomic Kitten Natasha Hamilton looks just purrfect as she shows off her curves in a bikini on a Caribbean beach.

★ The 24-year-old singer loves stripping down to the skimpiest of swimwear since a boob job boosted her bust from a B to D cup.

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Picture: HUW EVANS

DON'T LET HIM LOOSE IN A CAR

Neighbours fear half-blind driver

LEARNER driver Peter Davies's eyesight is so bad his neighbours want him off the road.

Peter, 25, is terrifying his home village with his practice lessons – he has crashed into a garden fence, mounted a pavement and parks two feet from the kerb.

Now worried villagers in Burry Port, near Swansea, have asked the DVLA to revoke his provisional licence, claiming Peter is too dangerous for their roads.

Half-blind Peter has 50% vision in

■ by TOM BEDFORD

one eye and 45% in the other. But his family say it's good enough to pass the statutory eyesight test of reading a car registration plate at 20 metres.

Sorry

He admitted a driving instructor took him for three lessons before suddenly quitting.

Peter said: "He didn't even call to tell me why."

"On the day I hit the fence I was trying to grip the steering wheel

but it just went on its own and I went onto the kerb. I did say sorry to the woman who was on the pavement at the time."

But Pam Every, chairman of the residents' association in Burry Port said: "It's not a narrow pavement and there could have been a child on it when Mr Davies mounted the pavement – I am concerned."

"I've nothing against him but he's partially-sighted."

"People are questioning his driving ability. They are asking: 'How did he get his provisional licence?'"

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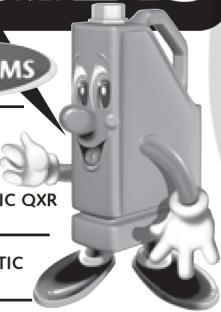
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GEMMA ATKINSON, 22
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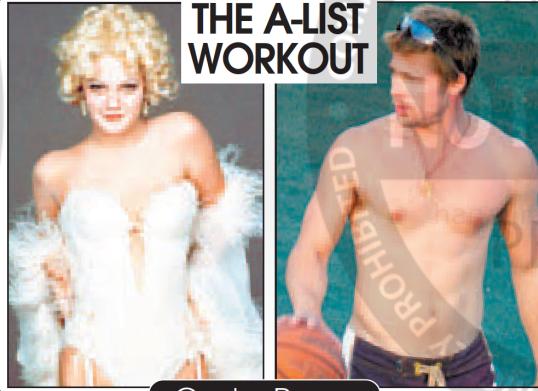
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STRENGTH! I'm A Celebrity is back and Pommie bludgers like Myleene Klass and Matt Willis hope to prove they're no wuss in the Bush. The celebs are preparing their bods for some stomach-churning trials, such as eating kangaroo testicles. Our resident Antipodean BELINDA WANIS rounds up the rip-snorting grub the stars could get a taster of...

Johnny Cakes or Damper: Flour is made from the seeds of plants such as the Kurrajong or Illawarra Flame tree, which are ground and mixed with water to form a dough.

These are then baked in coal to make a bread which is rich in protein and carbohydrate. With the trend for Atkins

and low GI food this bread would be a winner right now.

Witchetty Grubs: These larvae are one of the most nutritious Bush foods in the Outback.

High in fat, but they provide energy and carbohydrates. They are best eaten raw but when cooked they taste like scrambled eggs with a peanut butter texture.

Kangaroo: Skippy, right, can now be found at the local supermarket Down Under.

It tastes gamey but is low in fat and high in iron and zinc. These days you will find fillet of pan-fried roo with red wine reduction and hasselback potatoes being served at top Sydney restaurants - fair dinkum!



Goanna: These little beauties can be up to two metres long and make bonza BBQ tucker for a load of relieves.

I didn't get a chance to try this oversized lizard, right, but I'm told that it tastes just like chicken.

Kakadu plum: Used more as medicine than food, this fruit has been found to have the highest level of vitamin C - 50 times more than citrus fruits.

It looks and tastes a lot like a gooseberry so it's palatable too.

Crocodile: The old croc is a hearty dish and another meat turning up on

the menu Down Under. It's cooked in the same way as pork or chicken, though leave this low-fat meat a little rare.

It is also high in niacin and Vitamin B12. Croc kebabs taste just like tender chicken!

Emu: Another animal on the Aussie coat of arms which also features on the dinner plate.

A tasty veal-like meat, emu is high in iron, magnesium, zinc and Vitamin C and low in fat and calories.

Quandong: The Aborigines used this as a substitute when meat was scarce. It makes a great jam high in Vitamin C.

Honey Ant: Catch one with your fingers then bite off the belly to get the honey-flavoured contents - and a protein and sugar burst.



GRAB A BITE OF OZ

TO BUY some good Aussie tucker visit www.australiashop.co.uk - but you're more likely to get Tim Tams, Caramello Koalas and Fruit Tingles.

For a more genuine taste of the Outback visit www.bushtuckershop.com who may be Aussie-based but do deliver to the UK.

Find out more information on the food at www.theepicentre.com/Australia/aufood2.html



TUCKING IN: Our girl Belinda hunts for grub in the Bush

Picture: HUMPHREY NEMAR

ONAL TRAINERS, SO WHAT'S THEIR SECRET? **Fit**

rs' working day KOUT PLAY FOR GERRO'S GIRL

in three drivers "Syndrome" in a raised heart. So stick and whist your walk or cycle ts are huge.

neak in and start to ask your colleagues' previous night - them on their e chat is proven will put you in a id for the day.

E CALLS: Why the phone? Move k to your clients you'll burn off alising. It'll also n for a couple of your flexibility.

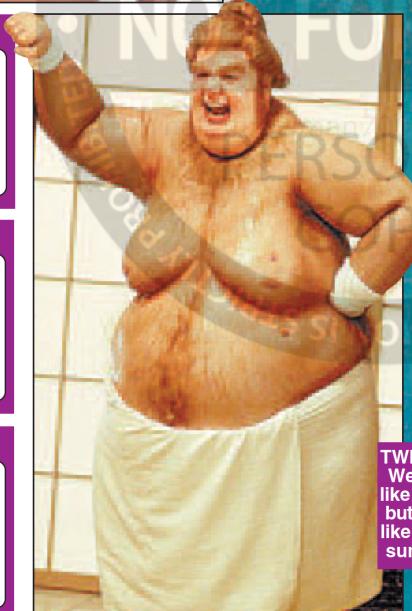
coffee is a good dants and cuts ibetes. But tea is pean Journal of ays three to four en bones and cut heart attack.

NG: We all have have to do every ne for a burst of tairs instead of ur route to the 's longer. Doing big benefits.

ked lunches are into a routine d other healthy the sandwich aden goods and at your desk: e shops.



BEACH BABE:
Alex shows her super form and, far left, with Lexie



TWIN POWERS:
We want to be like manly Brad, but we're more like Mike Myers' sumo fatty, left

3.00PM

AFTERNOON SNACK: You needn't tuck into a chocolate bar or crisps as there's a huge range of fruit or tasty low-calorie snacks in the shops. Eat something healthy and you're less likely to grab a snack at the petrol station on your way home.

4.00PM

TEA BREAK: Only an hour to go so walk around the office for 15 minutes and make another cup of tea. Chat to your mates, or remember that vital errand that means you have to stroll to another department. Moving always helps!

5.00PM

HOMeward BOUND: Leave on time and you'll have more opportunity to play with your kids, enjoy a game of footie, read a book or take a trip to the cinema. These all help you relax, which in the long run is better for your work.

HOT

SNACKING: You no longer have to wait until Christmas for those festive treats. McCoy's have brought out some fab limited edition Christmas crisps so you can get stuck in early. Check out the Roast Turkey with Redcurrant & Port Sauce or the Roast Ham with Maple & Whisky Glaze.

THE COLEEN FACTOR: Mrs Wayne Rooney has signed a six figure deal to become the face of Coke Zero, the no-sugar version of the original Coca-Cola.

SUPERFOOD SMOOTHIES: Fed up with greens? Never fear, Innocent have come up with some special smoothies packed with superfoods. Their pomegranate, blueberry and acai juice contains three of the globe's top superfoods - a 250ml bottle will give you the same amount of antioxidants you would get from eating five portions of fruit and veg.

TV: Kids would prefer to look at a blank screen than a smiling human face. But university researchers in Scotland say it could have serious consequences on social interaction in future generations.

WHAT'S IN & WHAT'S OUT

BIG MONEY BEAU-TY: There's no need to break the bank over your smellys - head to the supermarket. Waitrose have brought out a gorgeous floral extracts bath and body range. The Extracts hand wash contains lavender, lilly or rose and costs just £1.69 for 250ml.

NATURAL TANS: Brits spent £40 million getting fake tans last year, mostly on sunbeds and lotions.

CEREAL BARS: Many are WORSE for you than a bar of chocolate! Take the Nesquik Cereal & Milk Bar. It contains 2.1g of saturated fat, more than a Mr Kipling almond slice. Consumer mag Which? found every one of the 20 top-selling bars it tested was so sugary it would get a red light under the Food Standards Agency's new labelling.

COLD

Fit

Chewin' the FAT

TALK OVER YOUR HEALTH QUERIES WITH OUR PANEL OF EXPERTS

OUR crack team of health experts want to help you solve your problems. They'll tackle anything from fear of flying to your most intimate sex worry.

Check out the panel on the right and see how you can contact them now.

Here they answer the latest batch of readers' queries...

DR CHRIS STEELE

Health expert



One of the UK's best known GPs, Dr. Chris, 61, has been giving tips on This Morning for eight years, plus on the radio. See www.thefamilygp.com

FRANCES FURLONG

Beauty expert



A nurse for eight years, Frances, 29, was a sister in laser corrective surgery. Now a nurse practitioner in aesthetics, she's a professional practice graduate. www.cityskinklinic.co.uk

GARETH EDWARDS

Nutrition expert



A member of the British Association of Nutritional Therapists, Gareth, 42, has a food-based approach to health issues. www.food-for-life.co.uk

PLEASURE PROFESSOR

Sex expert



Famed for her appearances on Five's *Trisha Show*, our sexy prof, 30, is a teacher of tantric sex, yoga, reiki and EFT, with clinics here and in Spain. www.pleasureprofessor.com

HARVEY WALDEN

Fitness expert



A US marine for 22 years, Harvey, 39, is famed for his boot camp approach to getting fitties fit on *Celebrity Fit Club*, and a US version. www.harveywalden.com

RON BRACEY

Mind expert



Ron, 46, is a chartered clinical psychologist who has more than 20 years experience in both the public and private sectors. www.urbanpsychologist.com

A low down chum

I KEEP hearing about low Glycemic Index carbohydrates and how you should be eating more of them. Can you tell me what they are and why they are good for you?

GRAHAM, Chester.

GARETH SAYS:

CARBS with a low GI release glucose into your blood more slowly than high GI carbs.

The principle is that low GI foods avoid the weight gain and mood swings associated with "rapid release" foods.

Cooking times also affect the GI. For example, baked potatoes have a higher GI than boiled potatoes.

This is because the longer veg and grain are cooked, the more sugary they become.

Similarly, the way the food is processed affects the GI. Pasta and rolled oats have a low index because they are made from coarse pieces of grain.

This means the sugar content takes longer to enter the bloodstream.

Cornflakes and bread, on the other hand, are made from finer flour, so the sugar enters the bloodstream much quicker.

Spot of bother

I AM getting quite a few spots around my jawline, but as a bloke, I do not want to cake them in make-up. How can I cover them subtly and get them to clear up?

ANDREW, Lincoln.

FRANCES SAYS: I'd advise a proper assessment to determine what treatments are required, such as microdermabrasion and glycolic peeling.

These are great for men because the downtime is virtually nil!

Covering any spots where there is hair is always a problem for fellas. But if you want a range that will blend well and not block the pores, Bare Essential Mineral make-up is a good range.

Banish bloke boobs

Q I AM only 22 and a bit on the chubby side but what is really bugging me is the fact that I have man breasts.

Can you help me with some exercises that will get rid of these?

GARY RYAN, Torquay.

HARVEY SAYS: How in the name of fatty foods and fish and chips did you manage to develop those at your age?

Never mind, maybe it's best you save me the gory details.

Firstly, you have to reduce your body fat with a proper diet. This means cutting back on the calories, eliminating fat and watching how much you eat.

You also need to start doing cardio exercise four to five times a week to burn up all the excess fat.

In addition, to help reduce the breast size, I want you to target your chest from three different angles to fill it out like a gladiator.

I want you to bench press, incline press, decline press and do chest-flys, using dumbbells or on a machine, three times a week.

When you wake up, knock out some push-ups with your hands slightly wider apart than shoulder width – then do another set with them shoulder width apart.

Start with two sets and get up to three or four sets within three to four weeks.

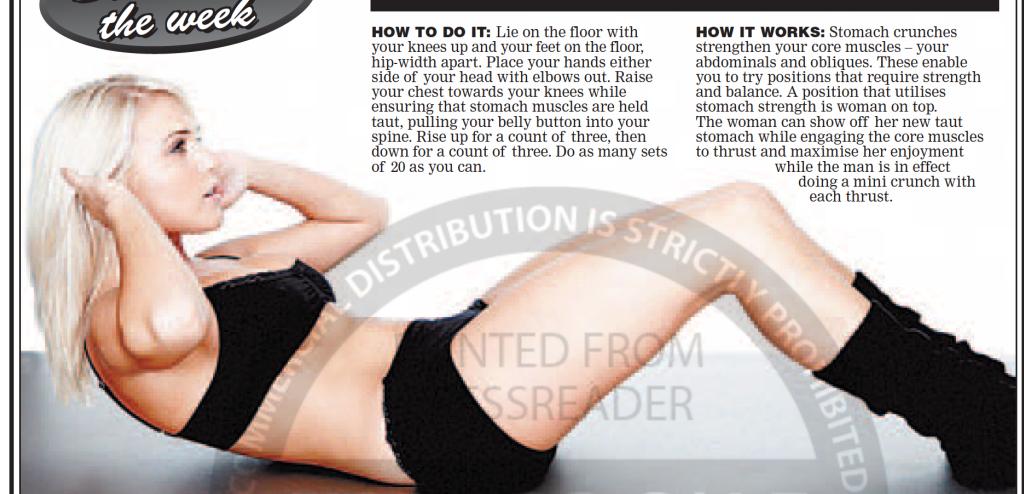
Be careful with the ladies though, as after a couple of weeks of this they're going to want to start feeling those pecs instead of giving you bra advice!

Sexercise of the week

STOMACH CRUNCH

HOW TO DO IT: Lie on the floor with your knees up and your feet on the floor, hip-width apart. Place your hands either side of your head with elbows out. Raise your chest towards your knees while ensuring that stomach muscles are held taut, pulling your belly button into your spine. Rise up for a count of three, then down for a count of three. Do as many sets of 20 as you can.

HOW IT WORKS: Stomach crunches strengthen your core muscles – your abdominals and obliques. These enable you to try positions that require strength and balance. A position that utilises stomach strength is woman on top. The woman can show off her new taut stomach while engaging the core muscles to thrust and maximise her enjoyment while the man is in effect doing a mini crunch with each thrust.



Weight for it...

Fit FACT

A STEAMY night between the sheets may be just the thing for staying healthy this winter. Experts believe that people who have regular sex have more bacteria-fighting antibodies.

on the running machines, cross-trainers and rowing machines.

That way, you'll burn off the fat and your weight will start to fall. Once you reach your goal weight, do the weights to tone your slim body!

OUR teenage son is in with a bad crowd, skipping school and getting in trouble. How do we get him back on track?

TYRONE, Telford.

RON SAYS: A degree of rebellion for guys of this age is normal, but you need to check out whether he is kicking back against feeling too controlled or whether he is OK with his school work.

Sometimes, it's a sign that someone is bored by school, so you need to find out with him.

Similarly, if he is struggling with some aspects of work, take an interest in him.

Listen and you will

find out what's behind this and help him onto the straight and narrow.

MY new girlfriend is experienced sexually even though she is younger than me. How do I impress her under the covers?

TERRY, Essex

PLEASURE PROFESSOR SAYS: There is no doubt going under the covers is the key! Start slowly,

kissing and licking her legs, hips and round the lips of her vagina, slowly moving closer before you go for the jewel...

Ask how she likes it and don't think it's over when she has climaxed. She could be on her way to multiple orgasms.

Then she's sure to be fired up for your turn.

● The Pleasure Professor will be at the Erotica show at the London Olympia this Friday, November 17. Tickets cost £10 on the door, www.eroticauk.com

Fit FACT

PORRIDGE is one of the best breakfasts you can have. It provides you with fibre to keep you regular, lowers cholesterol and keeps you full for hours.



DR CHRIS SAYS: I reckon that, like most men, you are working with weights rather than doing cardiovascular workouts. It may appear more "macho", but you are doing nothing to burn off the fat. You are building up muscle, which weighs more than fat.

Stop the weights and concentrate



FRANCES FURLONG SAYS: Porridge is a great breakfast to start the day. It's filling, it's nutritious and it's easy to prepare.



GARETH EDWARDS SAYS: Porridge is a great breakfast to start the day. It's filling, it's nutritious and it's easy to prepare.



PLEASURE PROFESSOR SAYS: Porridge is a great breakfast to start the day. It's filling, it's nutritious and it's easy to prepare.

CLUSIVE: BUSTY FAITH'S GOT THE GUYS GUESSING

Are these the best
boobs on the
planet?

IMPRESSIONIST and comedienne Faith's causing a rumble in the jungle with her spectacular assets.

To vote for Faith call 0901 031 1482, or text FAITH to 82100

I'M A Celebrity looks set to be CHEST amazing! And it's all thanks to spectacular Faith Brown.

The curvy comedienne certainly has plenty of front - we're only a couple of days into the

show and already male viewers can't get enough of her!

But how does she compare to other top babes? Forget the queen of the jungle, we want to know who YOU think comes out tops in the cleavage depart-

ment. Here, LINDA HARRISON brings you the battle of the boobs - and don't forget to phone and let us know who's the breast of the bunch.

Calls cost 25p from a BT landline. Texts cost 25p plus

network operator rates. Lines close at midnight.

For all SMS services, you may receive other related promotional offers/services.

To stop receiving, please send STOP to 82100.



PICTURES.CO.UK

SCARLETT JOHANSSON, 21

ACTRESS Scarlett's charms are never Lost In Translation.



To vote for Scarlett call 0901 031 1483, or text SCARLETT to 82100

JANE GOLDMAN, 36

JONATHAN Ross loves talking about his wife's breasts - and we can see why. To vote for Jane call 0901 031 1484, or text JANE to 82100

LADIES' man Russell Brand recently praised our Vanessa's boobs.



To vote for Vanessa call 0901 031 1485, or text VANESSA to 82100

LORRAINE KELLY, 46

SHE was third in UK's best natural boobs poll. To vote for Lorraine call 0901 031 1486, or text LORRAINE to 82100



Picture: POPSTAR

24
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E

SEXY scouser Jen knows how to make the most of her talents, both on and off the West End stage.

To vote for Jennifer call 0901 031 1490, or text JENNIFER to 82100

SOPHIE HOWARD, 23

STUNNING Sophie is one of our biggest Page 3 stars ever.

To vote for Sophie call 0901 031 1491, or text SOPHIE to 82100

MODEL Keeley's always believed that bigger is better - and we couldn't agree more.

To vote for Keeley call 0901 031 1492, or text KEELEY to 82100

BRITNEY SPEARS, 24

THE singer's looking even more bra-vellous since splitting with Kevin Federline.

To vote for Britney call 0901 031 1493, or text BRITNEY to 82100

VIEWERS got an eyeful when Lea went into the Big Brother house.

To vote for Lea call 0901 031 1494, or text LEA to 82100

LUCY PINDER, 22

LOVELY Lucy - what more could you ask for in a woman?

To vote for Lucy call 0901 031 1495, or text LUCY to 82100

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DAILY STAR TV GUIDE

BBC One

6.00 Breakfast (W) (S) 6950009
9.15 Animal 24:7 (W) (S) 3321979
10.00 Homes Under The Hammer (W) (S) Followed by BBC News, (W) (S) Weather. 40825
10.30 State Opening Of Parliament (W) (S) 99846115
12.15 Cash In The Attic 7796115
1.00 BBC News, (W) (S) Weather 84757
1.30 Local News, (W) (S) Weather 20165793
1.40 Neighbours (AD) (S) 77376979
2.05 Doctors (W) (S) 84376467
2.35 Murder, She Wrote Jessica's investigation into a theft reveals a more grisly affair. (R,S) 2912912
3.20 BBC News, (W) (S) Local News, Weather 3282554
3.25 CBBC: ChuckleVision (AD) (R) (W) (S) 1670863 3.40 Arthur (R) (W) (S) 9555080 3.55 What's New Scooby-Doo? (R) (W) (S) 2110216
4.15 5Smart (R) (W) (S) 830134 4.45 Keep Your Hair On: Celebrity Scissorhands (W) (S) 7770979 5.00 Blue Peter (W) (S) 6068573 5.25 Newsround (W) (S) 5894270
5.35 Neighbours (R) (S) 980134
6.00 BBC News, (S) Weather 979
6.30 Local News Programmes, (W) (S) Weather 571641
6.50 Match Of The Day Live Holland v England (Kick-off 7.00pm). (W) (S) 72120592



MATCH OF THE DAY LIVE:
Gary Lineker presents coverage of England's friendly international, 6.50pm

BBC Two

7.00 CBBC: Batlink (R) (W) (S) 5783554 7.15 Trollz (R,S) 2249592
7.40 Fergie McPhail (R) (S) 4431467 8.05 Serious Jungle (R) (W) (S) 5263863 8.30 CBeebies: The Koala Brothers (W) (S) 1672486 8.40 Underground Ernie (R) (W) (S) 1764776 8.55 Brum (R) (W) (S) 1684221 9.05 Balamory (R) (W) (S) Pingu. (R) (S) 3003399 9.30 Doodle Do (R) (W) (S) 6065115 9.50 Step Inside (R) (W) (S) 7295196 10.00 Barnaby Bear (R) (W) (S) 6384573
10.15 Our Planet (R) (S) 6374196
10.30 What The Ancients Did For Us (AD) (R) (W) (S) 79797
11.30 FILM: Sealed Cargo 1951 (PG) Melodrama, with Dana Andrews, (b/w) (S) 35399
1.00 Uncharted Territory 82399
1.30 Working Lunch 17950
2.00 Small Town Gardens (W) (S) 35001641
2.10 Sun, Sea And Bargain Spotting (R) (W) (S) 8881738
3.10 Castle In The Country (W) (S) 7357009
3.40 Flog It! (R) (W) (S) 1995370
4.25 Ready, Steady, Cook 3537641
5.10 Weakest Link (S) 3755134
5.55 Queen's Speech Broadcast (W) (S) 156196
6.00 Sudo-Q Quiz show, (W) (S) 221
6.30 Strictly Come Dancing – It Takes Two (W) (S) 573



STRICTLY COME DANCING – IT TAKES TWO:
Claudia Winkleman chats with the Sugababes, 6.30pm

Channel 4

6.00 Cubeez (R,S) 6398979
6.10 The Hoobs (AD) (R,S) 3427080
6.35 The Hoobs (AD) (R) 3567467
7.00 Freshly Squeezed 78196
7.30 Friends (AD) (R,S) 80931
8.00 Everybody Loves Raymond (R,S) 78573
8.30 Will & Grace 77844
9.00 Frasier (R,S) 68196
9.30 Power To The People (S) Followed by 3 Minute Wonder. 70301
10.00 Giving Up The Weed (R,S) Followed by 3 Minute Wonder. 86115
11.00 Young Black Farmers Two trainees are given permanent jobs. Last in series. (R,S) Followed by 3 Minute Wonder. (R,S) 21509
12.00 News At Noon (S) 71660
12.30 Headland Adam comes face to face with his father. (S) 68863
1.30 Proud Parents (S) 34194561
1.40 FILM: The Wackiest Ship In The Army 1962 (U) World War Two comedy, starring Jack Lemmon. (W) (S) 12638486
3.30 Countdown With Keith Barron. (S) 3521370
4.15 Deal Or No Deal Cash-based competition. (S) 3548757
5.00 The New Paul O'Grady Show A Take That special. (S) 9196
6.00 The Simpsons Parody of the film Short Cuts. (R,S) 689
6.30 Hollyoaks Louise struggles to avoid Warren's advances. (S) 641
6.30 In The Grid 2009641



THE NEW PAUL O'GRADY SHOW:
Claudia Winkleman chats with the Sugababes, 6.30pm

Five

6.00 Milkshake! The Save-Ums! (R,S) 27789080 6.15 Bear In The Big Blue House (R,S) 77011844 6.40 MeechaNick (R,S) 75626660 6.50 Hi-5 (R) (SL) (S) 36716347 7.20 Rupert Bear (S) 4132689 7.40 Make Way For Noddy (R,S) 4217405 8.00 Fifi And The Flamingos (R,S) 4824739
8.15 Peppa Pig (R,S) 9265467 8.20 Thomas & Friends (S) 6149125 8.40 Bird Bath (S) 4891221 8.50 Mio Mao (S) 4897405
9.00 The Wright Stuff Ben Elton and Dr Sarah Javing discuss the issues of the day. (S) 8006660
10.30 Trisha Goddard (S) 8355738
11.30 five news (S) 3102080
12.00 Home And Away Kim and Kit's secret is almost revealed. (AD) (R) (S) 7306041
12.30 BrainTeaser Quiz 8359554
1.30 FILM: Seduced 1985 (PG) Thriller, starring Cybill Shepherd and Gregory Harrison. (S) 3477127
3.30 FILM: Columbo: By Dawn's Early Light (PG) Crime drama, starring Peter Falk. 6129283
5.30 five news (S) 2028776
6.00 Home And Away Drew is angry when he learns he cannot get his hands on his inheritance until he is 18 years old, and Matilda discovers the truth about Lee's baby. (AD) (S) 2025689
6.30 In The Grid 2009641



ASBO TEEN TO BEAUTY QUEEN:
Former pageant winner Michelle Fryatt dishes out the advice, 8pm

ITV1

5.30 ITV News (S) 74405
6.00 GMTV (W) (S) 8818318
9.25 The Jeremy Kyle Show (W) (S) 6398950
10.30 This Morning Amy Nuttal challenges John Scott. (W) (S) 52689
12.00 This Morning – I'm A Celebrity Special Live update from the Australian jungle. 80318
12.30 Loose Women Anna Diamond drops in to chat. (W) (S) 60221
1.30 ITV News (S) 11776
2.00 The Price Is Right (S) 8467
2.30 Dickinson's Real Deal (W) (S) 23554
3.28 Local Weather (S) 3209221
3.30 CITV: Pocoyo (W) (S) 5620318
3.35 Mr Bean: The Animated Series (R) (W) (S) 6827848 3.35 Tricky Quickeys (W) 2714554 4.00 Horrid Henry (W) (S) 8865757 4.15 Bel's Boys (AD) (W) (S) 8848080 4.30 Jungle Run (W) (S) 554
5.00 The Price Is Right (S) 2047
5.30 I'm A Celebrity... Get Me Out Of Here! – Exclusive All the gossip from the jungle-based challenge and a preview of the Bush Tucker Trial. (S) 134
6.00 Local News, (S) Weather 937
6.30 ITV News The day's headlines (S) Weather 879660
6.55 Queen's Speech Broadcast (S) 838573



DATING THE ENEMY:
Glamour model Daniela goes out with a DJ, 10pm

7 PM

8 PM

9 PM

10 PM

11 PM

12 midnight

9.00 Herald Of Free Enterprise: The True Story Reconstruction of the 1987 ferry disaster, in which 193 passengers died. The programme looks at what caused the accident and speaks to survivors. (W) (S) 9329

10.00 BBC News (W) (S) 96979
10.30 Local News, (W) (S) Followed by Queen's Speech Broadcast. (R) (W) (S) 459979
10.35 The National Lottery Draws (W) (S) 161202
10.45 One Life A baby whose immune system does not work. (W) (S) Followed by National Lottery Update. 220844

11.30 Celebrity Scissorhands Alex Zane presents the battle of the crimpers as famous faces enter boot camp to train as hair and beauty experts for Children In Need night. (W) (S) 46009

12.00 FILM: Blow Out 1981 (18) Thriller, starring John Travolta. (W) (S) 948121 948121 1.50 Sign Zone: Planet Earth (R) (SL) (W) (S) 931595 2.50 Sign Zone: A Child Against All Odds (R) (SL) (W) (S) 7526852 3.50 Sign Zone: Digging Deep (AD) (R) (S) 87400871 4.20 News 24 294581

(S) SUBTITLES (R) REPEAT (AD) AUDIO DESCRIPTION (SL) SIGN LANGUAGE (W) WIDESCREEN

7.00 Coast The team press on across the Scottish coast, journeying between Arran and Gtretta. Along the way they visit the dunes where Alfred Nobel built the world's largest explosives factory. (AD) (R) 2757

8.00 Natural World The wildlife around South America's Falls of Iguazu on the border between Brazil and Argentina. (AD) (W) (S) 135405

8.50 Robins Of Eden Robins nesting in Cornwall's Eden Project. (W) (S) 619080

9.00 Torchwood Jack encounters elemental enemies from his past. (W) (S) 379283

9.50 Two Pints Of Lager And A Packet Of Crisps Janet announces she is pregnant. (AD) (R) (S) 183221

10.20 Look Around You Module three of the spoof educational series. (R) 283080

10.30 Newsnight Jeremy Paxman presents a comprehensive round-up of the day's events. (W) (S) 501196

11.20 This Life Jobless Egg hits a winning streak at the bookmakers with the housekeeping cash and Kira's plan to ensnare Jo suffers a setback. (R) (W) (S) 272467

12.05 This Life (R) (W) (S) 5000245 12.50 BBC News 24 5083326 2.00 BBC Learning Zone: Schools: Key Stage 3 Bitesize Revision – Science 3 (S) 49351 4.00-6.00 Go For It! (S) 54158

11.35 John Peel's Record Box An insight into the DJ's personal record collection, with contributions from his widow Sheila Ravenscroft, as well as Elton John, Roger Daltrey and Ronnie Wood. (R,S) 370738

12.45 World's Greatest Gigs (R,S) 5086413 1.55 FILM: Wild Side 2004 (18) Premiere. Intimate drama, starring Stephanie Michelini. (W) (S) 931968 3.35 Goalissimo 3924239 4.30 Transworld Sport (R) (SL) (S) 7162500 5.25-6.10 Countdown. (R,S) 3155697

11.00 Paying For Love In Paradise: Shock Docs The activities of sex tourists at two luxury erotic holiday resorts in the Dominican Republic and Costa Rica. Last in series. (R,S) 5499134

12.00 PartyPoker World Open II 6455041 1.30 NHL Ice Hockey 9212806 4.00 NHRA Drag Racing 20841351 5.20-6.00 A1 Grand Prix: The Chinese Grand Prix. 1573216

11.00 Becoming Bond Daniel Craig's preparation for the role. (W) (S) 5115

11.30 Entourage Vince goes house-hunting, and falls in love with one of Marlon Brando's old homes. (S) 64405

12.00 The Mint (W) Followed by ITV News. 56513871 4.05 The Jeremy Kyle Show (R) (SL) (W) (S) 9062018 5.00 Nightscreen 37326

9.00 I'm A Celebrity... Get Me Out Of Here! As events in the jungle heat up, Ant and Dec are on hand to find out which famous faces are starting to show their true colours. (S) 5467

10.00 Dating The Enemy Glamour model Daniela tempts fate by spending three days with DJ Tony. (W) (S) 81047

10.30 ITV News Including Local News and Weather. (S) 67467

11.00 Becoming Bond Daniel Craig's preparation for the role. (W) (S) 5115

11.30 Entourage Vince goes house-hunting, and falls in love with one of Marlon Brando's old homes. (S) 64405

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ITV2

9.25 **Coronation Street** Steve plans a party. (AD) (R) (S) 1861283
 9.55 **Emmerdale** (R) (S) 1888405
 10.25 **Montel Williams** (R) 2028318
 11.10 **Judge Judy** (R) (S) 3465196
 12.30 **Coronation Street** Kelly thinks Hayley is a traitor. (AD) (R) (S) 98912
 1.00 **Emmerdale** Edna gets short shrift from Jimmy. (AD) (R) (S) 100115
 1.30 **The Jeremy Kyle Show** Talk show. (H) (W) (S) 5662080
 2.35 **The Jeremy Kyle Show** Talk show. (H) (W) (S) 1067573
 3.40 **Ricki Lake** (R) 7617028
 4.30 **Sally Jessy Raphael** US chat show. (R) 8396009
 5.15 **Becoming Bond** Cameras follow Daniel Craig as he prepares to take on the role of James Bond. (R) 696496
 5.45 **Judge Judy** (R) (S) 3148009
 7.00 **The New Adventures Of Superman** A distraught woman reports her scientist husband has gone missing. (R) 30683
 8.00 **Nanny 911** Tackling a seven-year-old who rules the roost. 16283
 9.00 **Driving Mum And Dad Mad** Claire Halsey helps five families with troublesome children. (R) 36047
 10.00 **Coronation Street** Hayley asks Roy if they can give Becky a job in the cafe, while Danny dreams of getting married in Spain. (AD) (R) (W) (S) 67554

10.30 **I'm A Celebrity... Get Me Out Of Here!** Latest gossip from the jungle. (W) 47196
 11.30 **I'm A Celebrity... Get Me Out Of Here!** Live Coverage from the Australian wilderness. (W) 72370
 1.00 **Playdate: ITV Play** 1516871
 4.00 Playalong: ITV Play 67719

ITV3

5.35 **ITV3 Nightscreen** 58171080
 6.00 **Survival** (R) 6989009
 6.55 **Peak Practice** (R) 8975738
 7.55 **Ironside** (R) 8719080
 9.00 **Rockford Files** (R) 8429950
 10.00 **Outside Edge** (R) 1390776
 10.35 **Outside Edge** (R) 8854134
 11.10 **Agatha Christie's Poirot** Detective drama. (R) 4319573
 12.15 **Rumpole Of The Bailey** Courtroom drama. (R) 2501592
 1.20 **Faith In The Future** Hannah becomes jealous. (R) 20899937
 1.50 **Faith In The Future** Paul returns from France. (R) 4774283
 2.25 **Ironside** (R) 4311370
 3.30 **Goodnight Sweetheart** Time travelling comedy. (R) 9690486
 4.05 **Rockford Files** (R) 7873486
 5.05 **Peak Practice** Nick continues his scheming. (R) (S) 2492028
 6.10 **Goodnight Sweetheart** Phoebe loses patience. (R) 5359738
 6.50 **Rumpole Of The Bailey** Courtroom drama. (R) 117554
 7.55 **Bramwell** Robert takes charge when Eleanor goes away to the country. (R) 1024863
 9.00 **Goodnight Mister Tom** Wartime family drama, starring John Thaw. (R) (W) 34975950
 11.10 **Cracker** Part two of three. Fitz finds himself in an explosive situation. (R) 1499318
 12.20 **The Bill** (AD) (R) (S) 6589245
 1.20 **Forever Green** (R) 2694697
 2.20 **Peak Practice** (R) (S) 6952245
 3.15-5.15 **Teleshopping** 9825852

ITV4

6.00 **Miami Vice** Crockett and Tubbs target a drug-pusher. (R) 60295689
 7.00 **The Saint** Templar gets behind the wheel of a racing car. (R) 58457863
 8.00 **Police, Camera, Action!** Drivers risk their lives in cars that would be more at home in a scrapyard. (R) 70330383
 8.30 **LAPD: Life On The Beat** Documentary following officers going about their daily duties. (R) 95180680
 9.00 **American Gothic** Caleb experiences nightmares about digging his own grave. (R) 58453047
 10.00 **Vincent** A wealthy man calls on the team to investigate the death of his son – and Vincent finds himself up against his old rival DCI Driscoll. (R) (W) (S) 97242196
 11.30 **World Poker Tour** Poker from Los Angeles. (R) 32013863
 1.25 **Millennium** (AD) (R) 41268582
 2.20 **Miami Vice** (R) (S) 7344513
 3.20 **Millennium** (AD) (R) 18492210
 4.00 **Teleshopping** 44035806



ASBO TEEN TO BEAUTY: five, 8pm

ALAN FRANK'S TELLY MOVIES

STAR RATINGS

****Don't miss it ****Good ***Average
 *Time filler *Garbage!

■ **SEALED CARGO** (1951) b/w *** BBC2 11.30am-1.00pm. WW2 melodrama. Newfoundland fishing boat captain Dana Andrews saves the day when he comes across a sailing ship which is commanded by disguised Nazi Claude Rains and is loaded with a cargo of weapons.

■ **SEDUCED (TVM, 1985)** *** Five 1.30-3.30pm. Thriller. Ambitious lawyer Gregory Harrison's progress up the corporate ladder in big business is impeded – first by intrigue, then by an affair with a married woman and finally by a murderer.

■ **THE WACKIEST SHIP IN THE ARMY** (1961) *** C4 1.40-3.30pm. Comedy. WW2 US Navy lieutenant Jack Lemmon ends up commanding a barely shipshape vessel which is crewed by wisecracking landlubbers and has to lead a dangerous mission into enemy territory in the Pacific.

■ **COLUMBO: BY DAWN'S EARLY LIGHT** (TVM, 1974) *** Five 3.30-5.30pm. Thriller. Shabby sleuth Peter Falk uncovers a complicated web of intrigue and murder in the ranks when he investigates a mysterious death that takes place during a training exercise at a military academy.

■ **HALF PAST DEAD** (2002) ** Five 9.00-11.00pm. Thriller. Steven Seagal goes undercover in the newly reopened Alcatraz prison in order to infiltrate a dangerous gang. Things do not go according to plan when an inmate takes hostages and threatens to dispose of them.

■ **BLOW OUT** (1981) **** BBC1 midnight-1.50am. Thriller. Sound recordist John Travolta is plunged into a slew of intrigue and danger when he records vital evidence and then rescues a woman passenger from a senator's car that plunges into a river.

■ **WILD SIDE** (2004) ** C4 1.55-3.35am. Drama. A transsexual prostitute who shares a room in Paris with a former Russian soldier and a French-Arab male whore travels with his two lovers to look after his elderly mother when she becomes ill.

REGIONAL VARIATIONS

BBC1 Variations WALES: 1.30-4.00 Local News; Weather 20165792 3.20-3.25 BBC News; Weather Local News 32292545 6.30-6.50 Local News 571641 10.45 Frontline Iraq 195573 11.15 One Life 277912 12.00 Celebrity Scissordrivers 44581 12.30 Film: Blow Out 14/0993 2.20-2.50 Sign Zone: Child Of Our Time: The Children's Stories 742/210

BBC2 Variations WALES: 7.00 The Perils Of The Motoway Pitstop 5757 7.30 Jimmy Cricket: A Year In The Export 7/9 8.00 Local News 327 9.00 Local News 3229221 6.00 Local News 937 ITV1 CENTRAL: 3.28 Local Weather 3209221 6.00 Local News 937 ITV1 MERIDIAN: 3.28 Meridian Weather 3209221 6.00 Local News 937 ITV1 CHANNEL: 3.25 Puffin's Playtime: Fun with Oscar Puffin and Harry the Hedgehog 3209221 6.00 Local News; Weather 4979331 6.15 What A Waste: What Can You Do With Old Cars? 62/4581 6.55 Local News 937 ITV1 WEST: 3.28 ITV Wales Weather 3209221 6.00 Local News; Weather 937 ITV1 WESTCOUNTRY: 3.28 Westcountry Weather 3209221 6.00 Local News 937

BBC2 Variations WALES: 7.00 The Perils Of The Motoway Pitstop 5757 7.30 Jimmy Cricket: A Year In The Export 7/9 8.00 Local News 327 9.00 Local News 3229221 6.00 Local News 937 ITV1 CENTRAL: 3.28 Local Weather 3209221 6.00 Local News 937 ITV1 MERIDIAN: 3.28 Meridian Weather 3209221 6.00 Local News 937 ITV1 CHANNEL: 3.25 Puffin's Playtime: Fun with Oscar Puffin and Harry the Hedgehog 3209221 6.00 Local News; Weather 4979331 6.15 What A Waste: What Can You Do With Old Cars? 62/4581 6.55 Local News 937 ITV1 WEST: 3.28 ITV Wales Weather 3209221 6.00 Local News; Weather 937 ITV1 WESTCOUNTRY: 3.28 Westcountry Weather 3209221 6.00 Local News 937

BBC1 Variations WALES: 1.30-4.00 Local News; Weather 20165792 3.20-3.25 BBC News; Weather Local News 32292545 6.30-6.50 Local News 571641 10.45 Frontline Iraq 195573 11.15 One Life 277912 12.00 Celebrity Scissordrivers 44581 12.30 Film: Planed Plant Bach 672/16318 1.15 3 Minute Wonder: Youthdance 2006 3489491 1.20 Your Money Or Your Wife 90648115 1.55 How Clean Is Your House? 49479283 2.25 Deal Or Die? 6764347 2.30 The Big Picture 10.45 A Year In The Export 7/9 7.6746347 7.25 Darleidat Arah Y Frenhines: Gan Y Blaenau Llŷr 29725950 7.30 Newdlynn 13722844 8.00 Pobol Y Cymwys 58697950 8.25 Cwprdd Dillan 9.00 04 Wal 74978196 9.30 Sioe Gell 99121592 10.00 Ramsay's Kitchen Nightmares 91385196 1.05 Local News; Weather 3489318 10.05 Film: Bluff 57926203 2.55 Film: Unconditional Love 21366158

WHAT'S HOT TO WATCH TODAY

■ **REMEMBER** when programme makers used to jump at the chance to transform dreary homes into palaces? Now it's people they are after – and the rougher the better. After Ladette To Lady stand by for another transformation show: **ASBO TEEN TO BEAUTY** **QUEEN** (Five, 8pm). The title says it all, really. Nine little charmers who you wouldn't want within a mile of your house are subjected to the life-changing techniques of former American beauty queen Michelle Fryatt. She has six weeks to ring the changes but the poor woman is only a beauty expert, not a miracle worker. Her first job, surely, will be to coax these gobby girls from Manchester out of their

lovely tracksuits. The best of the bunch will go on to represent England in a Miss Teen International contest, in America. It's all a bit toe-curlingly embarrassing and yet curiously watchable. Now, if only someone could work out how to transform hopeless, boring programmes into shows worth watching...

■ **WHEN** it was first announced that little-known Daniel Craig was to be the new James Bond, even industry experts could scarcely believe it. Everyone said with his blond hair he didn't look the part and that he would be utterly hopeless.

Now, after glowing reviews of the new Bond movie, the actor can do

no wrong. If you missed him with Parky and Wossy, you can catch the man of the moment again on **BECOMING BOND** (ITV1, 11pm), in which he talks about his preparations for the role and the re-branding of the man with the licence to kill.

■ **BELIEVE** it or not, it's 19 years since the Zeebrugge ferry disaster in which 193 passengers died. It's partly because such incidents are thankfully so rare that it has stuck in the collective memory for so long. **HERALD OF FREE ENTERPRISE: THE TRUE STORY** (BBC1, 9pm) examines what went wrong and talks to survivors.

NEIL BONNER

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By Kettle & Christine



DAILY STAR TV GUIDE

MATT BAYLIS



...ON LAST
NIGHT'S TV

In 2001, following a gigantic explosion in the skies, the population of Southern India was hit by two months of mysterious red rain. For locals, this was a sign of the end of the world. For physicist Godfrey Louis, however, it was proof of panspermia – a theory so odd that even astrophysicists laugh at it.

HORIZON: WE ARE THE ALIENS (BBC2) seemed to be laughing too – given the wacky soundtrack and the constant, dreadful punning of the narrator. But panspermia may not be so outlandish as it sounds. Just as plants on earth spread their seed by travelling on the winds, some scientists believe that tiny microbes can travel round outer space, hitching a ride on comets and meteors. They could even be the origin of life on Earth –

though for every theory, there is a battalion of scientists waiting to knock it dead. And Dr Louis' theory was just begging to be knocked.

It rested on the idea that he'd examined samples of it under a microscope, found it to be teeming with peculiar life-forms, but couldn't see any evidence of DNA.

Bats

Since all life on Earth contains DNA, he concluded that it must have come from another galaxy. He might also have concluded that his samples did contain DNA, but he'd missed it. The latter explanation turned out to be the case when a rival laboratory went to work. But even if the red rain was quite innocent – caused, according to one theory, by a huge

colony of bats being pulverised by a meteorite – some scientists continue to stake their reputations on the reality of panspermia.

Pointing out that tiny organisms have been seen to survive in nuclear reactors and even deep-frozen penguin's poo, they see no reason why they couldn't thrive in space, and end up here. In fact, by the end of the programme, the panspermia theory sounded so reasonable that we wondered whether the quirky approach was really doing the subject justice.

The new generation of *Horizon* programmes deserves to be congratulated for the way it has brought fresh life and a whiff of humour to the dustiest corners of science.

But there's nothing wrong with being serious once in a while.

FILMS

SKY MOVIES 1

6.00am A Simple Twist Of Fate (1994) (PG) Emotional drama, starring Steve Martin. 2275
8.00 Are We There Yet? (2004) (PG) Comedy, starring Ice Cube. 99450
10.00 In The Army Now (1994) (PG) Comedy. 87876370
11.45 National Treasure (2004) (PG) Action adventure. 15179689
2.00pm A Simple Twist Of Fate (1994) (PG) Emotional drama. 71196
4.00 Are We There Yet? (2004) (PG) Comedy, starring Ice Cube. 17207912
5.45 Star Wars: The Characters Of Star Wars The saga's heroes and villains. 473863
6.15 In The Army Now (1994) (PG) Comedy, starring Pauly Shore. 38620196
8.00 National Treasure (2004) (PG) Action adventure, starring Nicolas Cage. 70017047
10.15 The 40 Year Old Virgin (2005) (15) Comedy, starring Steve Carell. 514399
12.15am Never Die Alone (2004) (18) Crime thriller, starring DMX. 798429
1.50 My House In Umbria (2003) (12) Drama, starring Maggie Smith. 865326
3.40 The Sports Pages (2001) (12) Sporting comedy. 407968
5.15-7.00 The Adventures Of Ragtime (1998) (U) Family comedy, starring Shelley Long. 55433177

RADIO

Radio 1 (FM: 97.6-99.8 MHz) 7.00 The Chris Moyles Show. 10.00 Jo Whiley. 12.45 Newsbeat. 1.00 Vernon Kay. 4.00 Sara Cox. 7.00 Zane Lowe. 9.00 Jo Whiley's In Live Music We Trust. 10.00 Colin Murray. 12.00 Vic Galloway. 2.00 Gillies Peterson. 11.00 JK and Joe. 12.15am Radio 1 (FM: 88-90.2 MHz) 6.00 Sarah Kennedy: The Dawn Patrol. 7.30 Wake Up To Wogan. 9.30 Ken Bruce. 12.00 Jeremy Vine. 2.00 Steve Wright In The Afternoon. 5.00 Chris Evans. 7.00 Nick Barracough. 8.00 Mike Harding. 9.00 Courtney Pine's Jazz Crusade. 10.00 You Send Me – The Sam Cooke Story. 10.30 The Mark Radcliffe Show. 12.00 Janice Long. 3.00 Alex Lester. **Radio 5 Live (MW: 909, 693 kHz) 5.00** Morning Reports. 5.30 Wake Up To Money. 6.00 Breakfast. 9.00 Victoria Derbyshire. 11.20 The Midday News. 1.00 Simon Mayo. 4.00 Drive. 6.30 Five Live Sport: Holland v England (Kick-off 7.00pm). 9.30 6-0-6. 11.00 Phil Williams. 1.00-5.00 Up All Night. **Virgin Radio (MW: 1215, 1197, 1242 kHz) 6.00** Christian O'Connell's Breakfast Show. 10.00 Russ Williams. 1.00 Neil Francis. 4.00 Martin Collins. 7.00 Ben Jones. 10.00 The Geoff Show. 1.00 Greg Burns. 4.00 John Osborne.

SKY MOVIES 2

6.45am A Heartbeat Away (2004) (PG) Drama. 41388931
8.30 Sam Churchill: Search For A Homeless Man (1998) (PG) Thriller. 21450283
10.10 The Blue Butterfly (2004) (PG) Drama. 87874912
11.55 The Sign Of Four (2001) (PG) Mystery. 7774399
1.25pm A Heartbeat Away (2004) (PG) Drama. 29687950
3.05 Sam Churchill: Search For A Homeless Man (1998) (PG) Thriller. 69922757
4.45 The Blue Butterfly (2004) (PG) Fact-based drama. 48475863
6.30 The Sign Of Four (2001) (PG) Sherlock Holmes mystery. 81221
8.00 Winter Solstice (2004) (15) Premiere. Drama, starring Anthony LaPaglia. 98863
10.00 Delta Force II: The Colombian Connection (1990) (18) Violent action adventure, with Chuck Norris. 478950
11.55 True Romance (1993) (18) Violent crime thriller, starring Christian Slater. 871318
1.55pm Switchback (1997) (15) Thriller. 580603
3.55 UK Top 10 57111121

4.15 6.00 A Heartbeat Away (2004) (PG) Drama. 653790

SKY CINEMA 1

6.15am Saturday Night And Sunday Morning (1960) (PG) Drama. 33588370
7.55 The Bitter Tea Of General Yen (1932) (PG) Drama. 47400573
9.35 Limelight (1952) (U) Drama. 9716486
12.00noon Meet John Doe (1941) (PG) Drama. 10393912
2.05 Saturday Night And Sunday Morning (1960) (PG) Drama. 6392080
3.40 Limelight (1952) (U) Drama. 45961825
5.55 Meet John Doe (1941) (PG) Satire, starring Gary Cooper. 80752196
8.00 Shoot The Pianist (1960) (15) Comedy thriller, starring Charles Aznavour. 43357573
9.45 Jules Et Jim (1961) (PG) Romantic drama, starring Jeanne Moreau. 87009931
11.55 The Tingler (1959) (15) Shocker, starring Vincent Price. 1812863
1.30am Avanti! (1972) (12) Comedy. 2659345
4.10 6.00 The Bitter Tea Of General Yen (1932) (PG) Drama. 5103974

Sky Box Office Digital movies can be ordered using the handset from the on-screen listings guide.

SPORT

SKY SPORTS 1

6.00am You're On Sky Sports! 22270 7.00 The Chris Moyles Show. 10.00 Jo Whiley. 12.45 Newsbeat. 1.00 Vernon Kay. 4.00 Sara Cox. 7.00 Zane Lowe. 9.00 Jo Whiley's In Live Music We Trust. 10.00 Colin Murray. 12.00 Vic Galloway. 2.00 Gillies Peterson. 11.00 JK and Joe. 12.15am Radio 1 (FM: 88-90.2 MHz) 6.00 Sarah Kennedy: The Dawn Patrol. 7.30 Wake Up To Wogan. 9.30 Ken Bruce. 12.00 Jeremy Vine. 2.00 Steve Wright In The Afternoon. 5.00 Chris Evans. 7.00 Nick Barracough. 8.00 Mike Harding. 9.00 Courtney Pine's Jazz Crusade. 10.00 You Send Me – The Sam Cooke Story. 10.30 The Mark Radcliffe Show. 12.00 Janice Long. 3.00 Alex Lester. **Radio 5 Live (MW: 909, 693 kHz) 5.00** Morning Reports. 5.30 Wake Up To Money. 6.00 Breakfast. 9.00 Victoria Derbyshire. 11.20 The Midday News. 1.00 Simon Mayo. 4.00 Drive. 6.30 Five Live Sport: Holland v England (Kick-off 7.00pm). 9.30 6-0-6. 11.00 Phil Williams. 1.00-5.00 Up All Night. **Virgin Radio (MW: 1215, 1197, 1242 kHz) 6.00** Christian O'Connell's Breakfast Show. 10.00 Russ Williams. 1.00 Neil Francis. 4.00 Martin Collins. 7.00 Ben Jones. 10.00 The Geoff Show. 1.00 Greg Burns. 4.00 John Osborne.

Sport Action and features. 4591757 9.00

European Tour Weekly News from the golf circuit. 6895318 9.30 **World Of Golf** News from across the globe. 3239370 10.30

Transworld Sport Action from around the globe. 20971111 11.30 **Total Rugby** A round-up of recent matches. 1658757 12.00 **midnight World Of Golf** 7906887 1.00 European Tour Weekly 5640719 1.30 **Transworld Sport** 9797023

SKY SPORTS 3

10.00am Motor Racing 14743757 11.00 Racing News 70784912 11.30 **Aerobics Oz** Style 70785641 12.00 **Newsports** Unlimited 44847134 1.00 **Motor Racing** 44823554 2.00 **Shift** Adventure Snowriders 69861931 2.30 3.60 Surfing 38288663 3.00 **Sports Unlimited** 70796757 4.00 **World Pool League** 70708592 5.00 **WWE: Bottom Line** 69871318 6.00 **WWE: Afterburn** 44843318 7.00 **Watersports World** Aquatic activities. 5285950 8.00 **Thai And Kickboxing** **Superleague** Meeting from Vienna. 69858467 8.30 **Spirit Of Yachting** The Sardinia Cup. 69860202 9.00 **Squash** The Hong Kong Open. 52855134 10.00 **Thai And Kickboxing** **Superleague** The Superleague meeting from Vienna. 52269641 10.30 **Total Rugby** A round-up of matches. 52285689 11.00 **Ten Pin Bowling** The 2006 Weber Cup. 14744486 12.00 **midnight** Squash 31834055 1.00 **Thai And Kickboxing** Superleague 46502622 1.30 **Watersports World** 58025603

SKY ONE

6.00am Taste 7.00 Pokemon 7.30 Yu-Gi-Oh! 8.00 Malcolm In The Middle 8.30 **Malcolm In The Middle** 9.00 Scrubs 9.30 Scrubs 10.00 Law & Order 11.00 **Cold Case** **Noon** Buffy 1.00 Scrubs 1.30 **Scrubs** 2.05 Cold Case 3.00 Buffy 4.00 **Stargate SG-1** 5.00 **Stargate SG-1** 6.00 **Malcolm In The Middle** 7.00 **The Simpsons** 7.30 **The Simpsons** 8.00 **Stargate SG-1** 9.00 **Stargate SG-1** 10.00 **Lost** 1.00 **Survival** 11.00 Popcorn 11.30 **More Big Ideas** 12.00 **midnight** **Battlestar Galactica** 12.55 **Battlestar Galactica** 2.25 **Mile High** 3.20 **Temptation Island** UK 4.15 **Keen Eddie** 5.10-6.00 **Dream Team**

BBC THREE

7.00pm Dog Borstal 8.00 **Celebrity Scissormen** 9.00 **The Real Hustle** 9.30 **The Real Hustle** 10.00 Film: **Flashdance** (1983) 15 11.30 **Two Pints Of Lager And A Packet Of Crisps** **Midnight** **Celebrity Scissormen** 12.00 **Uncut** 2.00 **The Real Hustle** 2.30 **The Indestructibles** 3.00 **Dog Borstal**

BBC FOUR

7.00pm **The Martians And Us** 8.00 **The World 8.0 Weather** 8.30 **Valley Of Song** 9.00 **Lonesome Dove** 10.30 **Don't Watch That, Watch This!** 11.30 **Madonna Talks To Kristy Wark** 12.00 **midnight** **The Martians And Us** 1.00 **Mark Lawson Talks To Iain Banks** 2.00 **Don't Watch That, Watch This!** 3.00 **Valley Of Song** 3.30 **Never Mind The Full Stops** 3.30 **Don't Watch That, Watch This!**

E4

6.00am **Uninterrupted** 7.30 **Wake Up With Jack Black** 8.30 **Whatever You Want** 11.00 **Nothing But Hall Of Fame** 12.00 **Boo! Neon E4 Music: Uninterrupted** 1.00 **Freshly Squeezed Extra** 2.00 **The OC** 3.00 **Beauty And The Geek: The Aftermath** 4.00 **Scrubs** 4.30 **Hollywood 5.00 Friends** 6.00 **The OC** 7.00 **Hollywood 7.30 Scrubs** 8.00 **Friends** 9.00 **Desperate Housewives** 10.00 **Bol In The USA** 10.30 **Star Stories** 11.05 **Scrubs** 11.35 **Goldplated** 12.35 **Sex And The City** 1.15 **No Angels** 2.15 **Desperate Housewives** 2.55 **No Angels** 3.55 **Beauty And The Geek: The Aftermath** 4.40 **Switched** 5.25 **Switched**

MORE4

10.40am **A Place In The Sun** 11.10 **Countdown** 11.55 **Deal Or No Deal** 12.45pm **Paul O'Grady Show** 1.45 **Film: The Devil And Miss Jones** (1941) 1.30 **Thirtysomething** 4.30 **Film: Texas Lad** (1955) 1.00 **Deal Or No Deal** 7.00 **A Place In The Sun** 8.00 **News 8.30** **Jon Stewart** 9.00 30 Days 10.00 **Stanley Goes To Europe** 11.00 **Starkey's Last Word** 11.30 **Jon Stewart** **Midnight** 30 Days 1.00 **Stanley Goes To Europe**

televisionX

10.00pm **Freeview 10.10** **The Two Jonnies** 10.30 **Europicks** 10.40 **A*** Teens** 11.00 **Freeview 11.10** **A*** Teens** 11.15 **The Omar Show** 11.25 **Glamour S***** 11.35 **Road Trip – Esher** 11.50 **Amsterdam Central** 12.20 **Ben Dover** 12.40 **Anna's Place** 1.00 **Twin Cheeks** 1.20 **C*** Crazy** 1.40 **Action Time** 1.45 **Fresh Friday** 3.00 **Hot Bites** In The City 2

JAMES BOND

Casino Royale THE GRAPHIC NOVEL

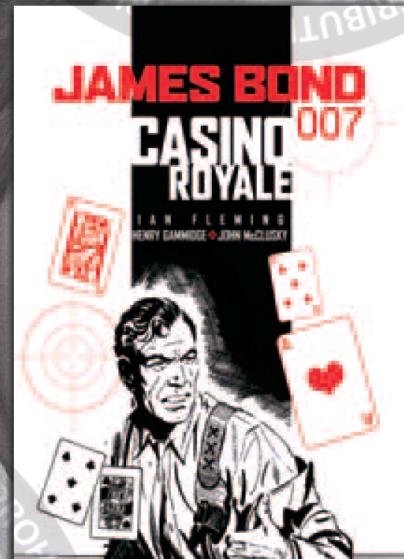
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Just Jane



JANE O'GORMAN SOLVES
YOUR PROBLEMS TODAY
... AND EVERY DAY

He has
secret
lover

MONTHS after my boyfriend came back from a seaside stag party I have discovered he's seeing a girl he met there.

When they all came back from the trip he admitted that he had sex with someone else and I was devastated.

He promised he'd never do it again, and I believed him.

But he's been lying to me all this time.

I found out when I couldn't get hold of him on his mobile.

I rang a bloke he was meant to be with who said my boyfriend wasn't with him, so I called everyone he knows.

Angry

When he came home he was angry that I had been checking on him and made out I was in the wrong.

When I said it was because his boss needed him urgently he realised he'd been caught out and admitted everything.

It seems this woman has moved up here to be near him and he sees her every day.

JANE SAYS: Get rid of this guy – he's been cheating on you for months and living a double life.

There's clearly something very serious between him and this other woman and I don't think you should even try to fight it.

He's clearly not man enough to have ended his relationship with you before embarking on one with this other woman so do him and you a huge favour and chuck him out.

You deserve better.

MATE'S DATING MY CONTROL FREAK EX

Lesbo shock on night we met up in the pub

I'VE been close to a bloke at work for about two years and we get on really well.

He reckons he's never got on with a girl as well as he does with me and that's probably because I am a lesbian.

He often comes round to see me and my partner, and the three of us have a great time.

Recently he's been seeing a girl and he couldn't wait for me to meet her.

My girlfriend and I waited in the pub for the two of them to turn up and what a huge shock it was when they did ... because she was my ex-lover.

It made for a very frightening and embarrassing evening because I hadn't told my lover anything about her.

To be fair the girl just said that we knew each other but I was really panicking that she'd let the cat out of the bag.

This girl was really nasty to me when we were together.

Warned

She was such a huge control freak that when we finally split up I was very close to a nervous breakdown.

I hadn't told my girlfriend about her because I wanted to put the past behind me.

The next day I rang my mate and warned him about her, but he said that she's told him I'd say she was bad news because I was interested in him myself.

That's simply not true and I am now genuinely worried for my friend's wellbeing.

He won't speak to me at work now and it's clear that this witch has poisoned him against me.

How can I save him from her?

JANE SAYS: This girl sounds dreadful and she's still trying to exert some control over you. But



THE HATING GAME: Our reader can't get her mate to realise that his girlfriend is a nightmare

because of your history it's difficult for you to fight her.

I suggest you insist your workmate listens to you – beg him if you have to.

Assure him you love your own current girlfriend, and are not interested in him.

Tell him this girl made your life a misery, that you nearly had a breakdown and you don't want it happening to him. Then you will

have done all you can and it's up to him to either take your advice or ignore it.

Doubts

He knows you well enough to believe you, but this woman has already started to give him doubts about you.

Make sure he knows that you'll be there to pick up the pieces when the inevitable happens and

then leave well alone. At the same time I think you should explain to your partner exactly what happened to you at the hands of this woman.

She needs to know what's got you worked up and perhaps she could have a word with your workmate.

She may have more clout than you because she hasn't got a reason to hate his girlfriend.

(Calls cost 75p per minute from a BT landline)



JANE'S ADVICE LINES

0906 751 3140

Find Your Soul Mate

0906 751 3141

Great Sex For Him

0906 751 3142

I Want Bigger Boobs

0906 751 3143

Sizzling Sex

0906 751 3144

Stop The Split

0906 751 3145

We Argue all the Time

0906 751 3146

My Sex Life is Boring

0906 751 3147

Confidence

0906 751 3148

Coping with a Break Up

0906 751 3149

Coping with jealousy

0906 751 3150

Fantastic Sex

0906 751 3151

Female orgasm

0906 751 3152

Finding the Perfect Partner

0906 751 3153

Great Sex For Her

0906 751 3154

I'm so lonely

0906 751 3155

Loving for the first time

0906 751 3156

Partner Affair

0906 751 3157

Having sex after baby

Bullied when we go out with pals

MY boyfriend has a go at me every time we go out. It's embarrassing and hurtful, and he's not like it at home. When we're with friends he contradicts everything I say and makes me look stupid.

You'd think he was an expert on everything from fashion to religion and even me, my family and my job.

Sometimes I just end up crying and that makes him worse because he then shouts at me. At home he's always sorry, and lovely until the next time it happens.

JANE SAYS: I hate men and women who behave like this. What gives your boyfriend the right to bully you like this in public?

It doesn't make any difference that he's sorry at home or that he's nice when you're on your own.

The damage has been done and no amount of apologising can take it back.

Tell him that if he does it once more he can pack his bags and leave.

You don't need this stress so make sure that he understands you mean it.

Write to JUST JANE, Daily Star, 10 Lower Thames Street, London EC3R 6EN or email jane.gorman@dailystar.co.uk

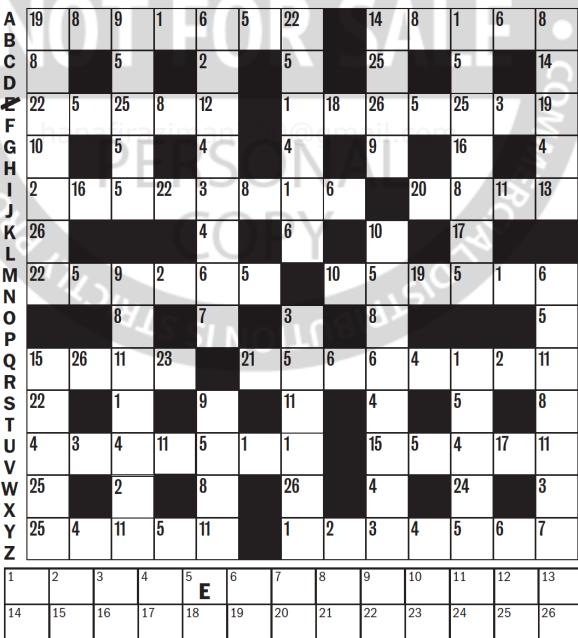




DAILY
STAR

THE PAPER FOR WINNERS

Alpha Puzzle™



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Alphapuzzle™ tests your logic and word power. Each grid number represents a letter. Every letter of the alphabet is used. Use the given letter or letters – below the main grid – to start. Solution tomorrow.

DIFFICULTY: 8/10; **TARGET:** 25 minutes; **CLUE:** Cold is since revealed.

YESTERDAY'S SOLUTION: Across: Rice, Esoteric, Parvenu, Enact, Bilge, Attain, Inform (clue), Demean, Proton, Caste, Hyena, Explain, Wayfarer, Jell. Down: Republic, Thaw, Carol, Forger, Veneer, Tiara, Squeak, Sneeze, Treat, Escape, Realise, Shave, Cats, Infernal.

EXTRA LETTER CLUES: 0906 751 3120 (Hear up to six extra letters, deduct two minutes for each clue letter heard)

• Alternatively, text DSAALPHA to 86100 and we will text the six extra letter clues direct to your mobile. • Texts cost £1 plus normal network operator rate.

FULL SOLUTION: 0906 751 3121

• Calls cost 75p per minute from BT landlines



CHAT PUZZLES ON
SALE NOW

TWO-WAY TEASER

CRYPTIC CLUES ACROSS

- Uncompleted work not put on front of fire? (7)
- West needs hot weather for this crop (5)
- Offence of Bob at home (3)
- Black spinner from the West Indies (9)
- In pub, drunken call when there's nothing in (5)
- In drink, I'd to be tasteless (7)
- Pretty rough, in the main, after cuts? (6)
- Resist work given to model (6)
- Pin-up winners are saddled with? (7)
- They are checked for inflationary pressures (5)
- See slim one up for training without thinking first (2,7)
- Low moon isn't quite full (3)
- Class, fourth grade, did secretarial work (5)

25 As news it's bad for spectator (7) DOWN

- Brush for one at Fawley Towers? (5)
- Aware you've not been knocked out? (9)
- Allow fielder to give something away (3,4)
- Flavouring that keeps people at a distance! (6)
- Players in them are ready to go on (5)
- Bird makes half of them turn (3)
- Head of this has walk like a duck? Rubbish! (7)
- Course for putting on a little weight (9)
- Cover where vehicles are brought in and out of the country? (7)

YESTERDAY'S SOLUTION: ACROSS - 1 Blow one's top, 7 Rub, 9 Ballerina, 10 MENSA, 11 Earth, 14 Neat, 15 Rock, 16 Chianti, 17 Hush, 19 Peso, 20 Space, 23 Until, 26 Implement, 27 Ear, 28 Nitty-gritty, DOWN - 1 Bob Monkhouse, 2 Only, 3 Opera, 4 Evict, 5 Team, 6 Pronto, 8 Black country, 11 Etc, 12 Ruins, 13 Henna, 15 Ripe, 18 Saturn, 21 Puppy, 22 Cheer, 24 Lift, 25 Deft.

15 I'm swallowed by obvious person in hospital (7)

- Rotten elm's near the ground, well-matured (6)
- Lukewarm return of favourite I had to follow (5)
- More than one programme makes revelations (5)
- I'm beginning to pulverise mischievous kid! (3)

QUICK CLUES
ACROSS

- Accumulation of uncompleted work (7)
- Cereal grass (5)
- Moral offence (3)
- Large spider (9)
- Nearest pub (5)
- Bland, boring (7)
- Rough like the sea (6)
- To fight against (6)

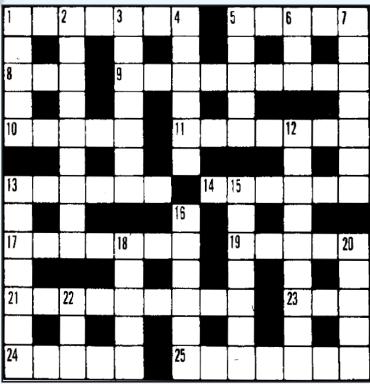
17 Prize at gymkhana (7)

- Retreats or radials (5)
- Spontaneously, without thinking (2,7)
- Cow's low (3)
- Used office machine (5)
- Person who gives evidence in court (7)

DOWN

- A herb (5)
- Alert and awake (9)
- Unintentionally disclose secret (3,4)
- Bulb used in cooking (6)
- Forelimbs of bird (5)
- Australian bird (3)
- Nonsense (7)
- Something presented on television (9)
- Shelter for a vehicle (7)
- Doctor's client (7)
- Kind-hearted from old age (6)
- Lukewarm (5)
- Exhibits (5)
- Mischiefous sprite (3)

Two sets of clues but the answers are the same
ANSWERS TOMORROW

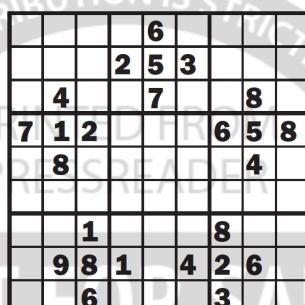


The Daily Star Crossword Books Vols 4, 5, 6, 7, 9 and 10, The Puzzler Books of Crosswords Vols 1-4 and The Puzzler Books of Puzzles Vols 2, 3 and 4 are all currently available at £3.99 each. Please send a cheque or postal order made payable to The Daily Star Bookshop, PO Box 200, Falmouth, TR11 4WJ or telephone 0871 521 1305 with your credit card details. Please allow 14 days for delivery. Postage in the UK is free.

Eggs mark the spot

- Where, proverbially, should one not put all one's eggs?
- Which vegetable is also known as the eggplant?
- Albumen comes from the Latin for "white", and "yolk" from the Old English word for – what?
- Which kind of egg, from its shape, is a term for a zero score?
- Complete the title of the Peter Nichols play: A Day in the Death of ___ Egg
- Complete the Beatles song line: "I am the eggman, they are the eggmen, I am"
- Who cannot proverbially be taught to suck eggs?
- Which 50s advertising slogan for eggs is attributed to novelist Fay Weldon?
- Who resigned in 1968 following a controversial statement about salmonella in eggs?
- In the famous Punch cartoon of 1895, who claimed of his egg that 'Parts of it are excellent!'
- Who wrote the early-reader children's book Green Eggs and Ham?
- If a performer "lays an egg" on stage, what has happened?
- Where on a military officer's uniform would you find "scrambled egg"?
- Complete these lines from a 19th-century nursery rhyme: "Higgledy, piggledy, my black hen, She lays eggs..."
- The 1947 rustic comedy The Egg and I introduced a series of popular 1950s films featuring Ma and Pa – who?
- "It looks like a poached egg – we can't make that" is a remark attributed to Lord Nuffield when he saw the prototype for what in 1945?
- Traditionally, Easter egg-rolling takes place each year on the lawn of which famous building?
- "Wall St lays an egg" was

SUDOKU



Extra clues: 0906 751 3124 Calls 75p/min from BT landline

YESTERDAY'S SOLUTIONS

DOUBLE TAKE

1 arChiVes 2 hoRpLipe 3 boOkWorm 4 esCalOp 5 scUllEry 6 caSseTe.
Reading down the shaded columns are: CROCUS and VIOLET.

OPPOSITES ATTRACT

The two words are: IMPERTINENT and RESPECTFUL.

6 OF ONE

1 Ballot 2 Member 3 Budget 4 Policy 5 Labour 6 Leader.

ANSWERS IN TOMORROW'S



ALL NEW

DAILY
Star

FORUM

FROM RANTS TO
JOKES, IT'S THE
BIT YOU WRITE

TEXT MANIACS

TEXT DSTAR
TO 82100

Text DSTAR followed by a space, then your name and comment, and send to 82100. Texts cost 25p plus your normal mobile operator cost.

‘Who do I sue for cold turkey on boxing day?’

Four grand for going cold turkey? I get it every boxing day so who should I sue? **Roland**

Prisoners have no rights once convicted let alone to claim compensation 4 bin helped. bin human rights bill n anything that costs us! **peachmonster**

If giving skag lags taxpayers money, then that's a breach of taxpayers' human rights. Enough is enough! **persecuted**

So now Mr. Blair expects Iran and Syria to stop supporting terrorists? **FAT CHANCE!** **Rob Stephens**

if the rest of Europe can buy and move freely without any border and customs controls then y do we a pay uk tax extra. r we european or not? **Riggs**

I would like to know how much a pint of beer is in the house of commons. **granite grant oxford**

Channel 5, Please get rid of that nob head Tim Lovejoy from 5th gear! He really biles my pish. **Jig Bunkry**

ellie ur comment bout weed is totally unfound! iv smoked it 4 yrs aint nuttin wrong wae me! **wee baldy**

agree with peter tosh a man dont go out and smoke a joint then beat his wife when he come home. **ounce**

2 James, spot on mate just Jane a man hating feminist! **joe sheffield**

iv just watchd coronation st & liz Mc Donald has got a fantastic pair on her nice I bev x. **PAUL B salford**

2. ian. Ring your local social services. They supply vibratin alarm clocks free of charge plus lots of other stuff 4 hard of hearin. **Cath**

Ian, under pillow alarm clock 9.99 Ableworld shops or www.ableworld.co.uk **CJ**

BECKHAM as 007 what a laugh, with a voice like his, your joking, more like MINNI MOUSE. **film buff**

david beckham as the next James bond? sick joke right? **michelle**

how can i tell my bfrienf send ov 4yrs, who i live wi, i just dont love

hm anymore? I dont wana break his heart! help! **PINKY**

Its a long way 2 tipperary. Wot times the bus. **BINZ**

How come we've never set eyes on Angelina and Brad's baby Shiloh!!

Carlisle. **CURIOS**

does anyone else think the royal mail is a shambles? Parcels always late or lost and when they do arrive

they are tampered with! **AMF, WALES**

A boat is like a truck and a ship is like a lorry. **The toon**

To snookie. I would sell my girl friends cat for a packet of fags. I hate the ruddy things. **BIFF**

never mind 100ml

i would sell ur cat for 40, where can i pick it up? **SELDGEHAMMER**

wen 2 c the drop kick murphys last nite. they were very gud but the words plastic paddies springs to mind. **FEENY DA LOFTER**

Comparing All Saints to Girls Aloud is like comparing Eton Road to The Beatles. **GA** simply blew them off the stage

at the Radio 1 gig in Brighton. **Jay**

reply 2 mo so u think all saints have talent. bring taking the medication. bring back THE SPECIALS. **CHELSEA STEVE**

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